

Commander updates base

Airman Alexis Lloyd
Public affairs

The 14th Flying Training Wing Commander’s Calls March 7 offered information concerning the BLAZE team.

Col. Steve Schmidt talked about the Combined Federal Campaign charity drive, new additions to Columbus AFB and other items.

The event opened with a prayer from Chaplain (Capt.) Michael Rash. Colonel Schmidt asked for everyone to take a minute of silence for contractor Charles VanHaaften, who died of a heart attack while working March 5. VanHaaften served in the Air Force for more than 18 years and worked for DynCorp for eight.

Three squadrons were awarded \$1,000 for exceeding their CFC goal by more than 200 percent. The 14th Communications Squadron, 14th Mission Support Squadron and 14th Contracting Squadron can use the money for anything within their squadron.

Colonel Schmidt talked about adding a Burger King to the exchange. The fast food chain should be up in running in about six months, he said.

A coffee and barbershop are also in the works to be located at the 14th Operations Group building. These facilities will be open to everyone.

The colonel emphasized the fitness center improvements. The center received \$79,000 last year for equipment.

“Our base in number 33 in the Air Force to get a new fitness center,” Colonel Schmidt said. “But our number one priority right now is to get air conditioning for the center before summer begins,” he said in reference to the currently un-air conditioned basketball court.

Some upcoming on- and off-base events to be aware of are:

- ❑ Pilgrimage from April 1 to April 13
- ❑ Gen. Don Cook, Air Education and Training commander, visits Columbus AFB April 2 to April 4
- ❑ Market Street Festival May 3
- ❑ Wings Over Columbus Air Show at Columbus AFB June 1

Colonel Schmidt also covered the operational readiness inspection. He gave some last-minute pointers to help out.

He also gave the BLAZE team a piece of encouragement. “No matter what — you get an ‘A+’ from me.”

Colonel Schmidt ended with Toby Keith’s song and music video “Courtesy of the Red, White and Blue.”



Master Sgt. Lee Roberts

ORI exercise

Tech. Sgt. Brandon Enea, 2nd Lt. Tim Gorski, 1st Lt. Barry Burton, 14th Security Forces Squadron, and Maj. Leonard Grassley, 14th SFS commander, go over checklists during the major accident response exercise Tuesday. The inspector general team is scheduled to have its outbrief at 2 p.m. Tuesday at the theater with entry by ticket only. For more information, call Ext. 2801.

AF wide cuts cost CAFB 16 positions

2nd Lt. Jennifer Moore
Public affairs

Air Education and Training Command announced March 5 that it will lose more than 1,400 positions in fiscal 2004 as part of the Air Force’s manpower reduction initiative.

Gen. Don Cook, AETC commander, cited a loss of about 830 military and 590 civilian positions next year in order to reconcile current manning documents with the actual levels authorized by the Office of the Secretary of Defense.

Additional reductions will occur in later years.

“We have strategically spread

these cuts across the command’s bases in such a way that we are confident each base will be able to absorb the cuts,” General Cook said.

In order to fulfill its share of the initiative, Columbus AFB will see its work force reduced by 16 civilian and eight military positions.

These positions will be identified by the end of this month and reductions take effect Oct. 1, 2003.

“We don’t know exactly which positions are going to be cut yet and we understand that causes a great deal of stress,” said Debbie Warner, chief of civilian personnel. “We’re asking all BLAZE team members

for their patience and cooperation

See JOBS, Page 3

Pilot Partner Program first anniversary today

Pam Warnken
Public Affairs

Specialized Undergraduate Pilot Training Class 03-06’s graduation today has a supporting business ‘partner’ from downtown in the audience for the first time.

The Pilot Partner Program was established about a year ago by the Columbus-Lowndes Chamber of Commerce Military Affairs Committee.

The aim of the program is to unite students with local businesses and make each new SUPT class feel welcomed in Columbus, according to the goals set by MAC.

“This is a one-of-a-kind grass roots community program,” said Col. Steve Schmidt, 14th Flying Training Wing commander.

“It gets our student pilots out into town shortly after they arrive in Columbus,” he said. “It’s a great opportunity for them to get to know local business owners.”

In the year that it’s existed, the Pilot Partner Program along with the Air Force Association’s Golden Triangle Chapter

has held monthly welcome receptions.

Today’s graduating partners, Prairie Point Power Sports and Cable One, “adopted” Class 03-06 for more than a year, supporting them throughout the year.

“The partners helped our transition into Columbus AFB and supported us every step of the way,” said 1st Lt. Michael Bennett, SUPT Class 03-06. “They have been behind us making Columbus feel more like home.”

The road to goodwill goes both ways with each SUPT class reciprocating the hospitality of the local community.

Each class chooses milestone events they want to invite their partners to.

Class 03-06 recently invited their partners to assignment night where they saw the student pilots learn which aircraft they will fly.

“The class comes together to be congratulated by their peers and instructors on their accomplishments,” Gavin Dishongh, Prairie Pointe Power Sports. “I didn’t realize the students are unaware of their aircraft they received until the end.”

Graduation is the pinnacle, where the



2nd Lt. Joseph Coslett

Gill Dishongh, Pilot Partner, and 1st Lt. Michael Bennett, Specialized Undergraduate Pilot Training Class 03-06, talk about the pilot training experience.

partners get to see the pilots receive their wings.

After graduation the process starts all over again and new SUPT classes and Pilot Partners continue to get together.

“Every three weeks a new class of

about 30 student pilots arrives here for pilot training from around the world,” Colonel Schmidt said. “The Pilot Partner Program immediately gives them a positive impression of Columbus — one they will likely carry with them for life.”

President expands on women, their accomplishments

George W. Bush
United States of America president

As our Founding Fathers worked to develop the framework of our Nation, Abigail Adams wrote to her husband: “I long to hear that you have declared an independency — and by the way in the new Code of Laws which I suppose it will be necessary for you to make I desire you would Remember the Ladies, and be more generous and favorable to them than your ancestors.”

An early advocate of women’s rights, a farm and financial manager, and the mother of an American President, John Quincy Adams, Abigail Adams is one of many American women who helped establish the strength and vitality of our Nation.

During Women’s History Month, we recognize the generations of American women whose important contributions continue to shape our Nation and enrich our society.

Through vision, hard work, and determination, countless American women have broadened opportunities for themselves and for others at home, in the community, and in the workplace. In 1809, Mary Kies became the first woman to receive a U.S. patent.

By developing a method of weaving straw with silk, she helped advance American industry and set an inspiring example for other American women.

Her pioneering efforts helped define our country’s entrepreneurial spirit and paved the way for future generations of women to take pride in their talents and creativity.

Since Mary Kies’ groundbreaking achievement, many American women have become successful entrepreneurs and business professionals. In 1905, Madam C.J. Walker started her own business by creating and selling hair care products for African-American women.

After a decade, her company was highly successful and employed more than 3,000 people, and at the time, was the largest African-American owned business in the United States.

Today, Madam Walker is remembered for her business accomplishments, efforts to create new opportunities for women, and for her contributions to her community.

Driven by the legacy of these extraordinary figures, American women from all backgrounds continue to break barriers and fulfill their personal and professional potential.

At the dawn of the 21st century, women have more choices than ever before. Between 1992 and 2002, the number of female college graduates in the United States has increased from 15.9 million to 23.6 million.

Women account for 47 percent of all employed people and are entering the American workforce in record numbers.

In the last 10 years, their ranks have increased by 8.7 million.

Furthermore, women-owned small businesses are growing twice as fast as all other U.S. firms, employing 7 million Americans and contributing to the vitality of our economy.

To build on these successes, my Administration will continue our work to promote policies that advance the aspirations, hopes, and dreams of every American.

This month, as we celebrate remarkable women in our Nation’s past, I encourage all citizens to recognize the countless American women whose efforts continue to enhance the economic, social, and cultural life of our great Nation.

I call upon all the people of the United States to observe this month with appropriate ceremonies and activities and to remember throughout the year the many contributions of American women.

(Editor’s note: The multicultural committee is sponsoring many events in honor of Women’s History Month. There are free automotive workshops at 6 p.m. March 18 and March 25 at the auto hobby shop.

There is a luncheon at 11 a.m. March 31 at the Columbus Club. The guest speaker is Dr. Claudia Limbert, Mississippi University for Women president.

For more information on these activities, call Ext. 2781.)

NEWS BRIEFS

Night flying

Night flying is from Monday to March 23. For more information, call Ext. 2770.

Playgroup

The Mommy and Me playgroup has moved from the chapel to the youth center from 10 to 11 a.m. beginning Monday. This is a weekly playgroup for ages 18 months to 3 years and their parents. There is no cost.

Fathers are always welcome. For more information, call Birgit Coslett at 434-5876.

Dorm dinner

The monthly dorm dinner for dormitory residents and single unaccompanied enlisted people begins at 5 p.m. Thursday at the chapel. The menu is catfish and side dishes. Call Ext. 2500.

Thrift store

The thrift store is now taking spring and summer items for consignment one hour before shop closes. For more information or store hours, call 434-2954.

Week reminds parents to be watchful

Airman Alexis Lloyd
Public affairs

National Poison Prevention Week begins Sunday and ends March 22, and this year's theme is "Children act fast - so do poisons!"

The theme is meant to encourage parents to be mindful of household chemicals, medications and where they are stored.

"Children act fast, and adults must make sure household chemicals and medicines are stored away from children at all times," said Capt. Elita Conally, pharmacy services chief.

According to the American Association of Poison Control Centers, there were about 1.1 million children ages 5 and under were exposed to potentially poisonous substances in 2001.

"The Columbus AFB pharmacy asks that everyone use this week as an opportunity to make sure children in their home are safe as possible from poisonings," Captain Conally said. "If you have any expired or old medication you don't want, please bring them to the



2nd Lt. Joseph Coslett

Little hands move fast — keep household chemicals, cleaners and medications out of reach.

pharmacy, and we will dispose of them for you."

If someone may have been poisoned from a medicine or household chemical, call the new national Poison Control Center toll-free number 24 hours a day, seven days a week from anywhere in the United States at (800) 222-1222. People are encouraged to keep this number on

or near the phones in their houses. If unable to contact the center, call 911.

"If you have any questions or concerns about medications or poisons, don't hesitate to ask us," Captain Conally said.

For more information on preventing poisonings, call Ext. 2168 or visit www.poisonprevention.org.

Civilian workforce crucial link in national defense

Jimmy Helton
14th Logistics Readiness



BLAZE is a symbol of the 14th Flying Training Wing's dedication to building leaders, advancing integrity, promoting service before self and excellence in all we do. It's wonderful to be part of an organization that authored, embraced and developed a culture surrounding these ideals. However, when we talk about building leaders, we must address the total force. Today's military is a rich blend of active-duty, guard, reserve, civilian civil service, contractor and out-sources supporting military operations.

The civilian workforce is a crucial link in national defense. The Department of Defense employs more than 800,000 civilians around the world. One quarter of the total DOD workforce is made up of civilians developing and maintaining sophisticated systems, managing complex programs and handling feeding, housing and paying personnel. Many civilians are subjected to the same risks as

military personnel and several thousands of civilians deployed during Desert Shield and Desert Storm. As we move into a war that will take all of the military commitment, the civilian workforce will be called to be in harm's way.

The civilian workforce is extremely talented. Nearly 80,000 hold advanced degrees and more than 250,000 have at least a bachelor's degree. At Columbus AFB, more than 47 percent of the workforce consists of civil service or civilian contract personnel. To get ready for the 21st century, we must plan now to produce future civilian leaders.

The Air Force will demand civilian leaders to be both technically and managerially adept, well educated and possess broad and diverse experience. Development and training at career milestones is essential to achieving this objective. We must instill the same institutional commitment and responsibility in civilian employees as in military people.

The responsibility for identifying candidates for appropriate development rests directly with commanders and managers. The force is very capable, however, there is concern that 45 percent of the civilian workforce is eligible

STRAIGHT TALK LINE

Col. Steve Schmidt, 14th Flying Training Wing commander, puts on a gas mask while Tech. Sgt. Patanya Garrett, 14th Medical Operations Squadron, checks to make sure it fits.



Airman Alexis Lloyd

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better.

Although the Straight Talk Line is always available, the best way to resolve problems is through the chain of command.

The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer.

All names are kept confidential. Messages are answered in the Silver Wings without names. Written questions may also be brought to the public affairs office in the wing headquarters building, Bldg. 724. People can also access the Straight Talk program through the BLAZEWEB at <https://columbusweb> and the main website at www.columbus.af.mil. Questions and answers will be edited for brevity.

Key phone numbers

Base Exchange.....	434-6013
Chaplain.....	434-2500
Civil Engineer Service Desk.....	434-2856
Civilian Personnel.....	434-2635
Clinic:	
Family Practice.....	434-2172
Appointment Desk.....	434-2273
After Hours Care.....	434-2273
Columbus Club.....	434-2489
Commissary.....	434-7106
Finance.....	434-2706
Housing Maintenance.....	434-7370
Inspector General.....	434-2927
Legal Office.....	434-7030
Military Equal Opportunity.....	434-2591
Security Forces.....	434-7129
Shoppette.....	434-6026

Silver Wings Editorial Staff
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Col. Steve Schmidt
Chief, public affairs
Pam Warnken
Editor
Airman Alexis Lloyd

copy to the public affairs office, Bldg. 724, Columbus AFB, Miss., phone 434-7069, or e-mailed to silverwings@columbus.af.mil by 2 p.m. Friday. The Silver Wings staff reserves the right to edit or rewrite all copy submitted when necessary.

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system will get the attention and maintenance that our deployed personnel deserve."

Besides GI Mail, the Air Force Crossroads Web site also offers forums and online chat rooms, and has online video-conferencing tools under development. Access the Web site and click on "Communications Center" for additional information.

According to CeCe Medford, chief of AMC's Family Matters Branch, families who do not have computers or Internet access can rely on family support centers for help.

"Our family support centers have gone the extra mile to ensure families can stay in touch, even without a home computer," she said. "The FSCs have computers with connections to Internet service providers available for families to use."

Medford said that family readiness noncommissioned officers can explain videoconferencing, how to borrow digital and video cameras, how to sign up for morale calls, and special family activities.

Also, the family support center offers services targeted to individuals in need of assistance with job search skills.

For more information on family support center job search programs call Ext. 2790.

www.afcrossroads.com. Airmen can log in to the Web-based system from any computer with Internet access. Eligible users include active duty, Reserve, National Guard, retired or civil service employees and their authorized family members.

Whitaker said there are three great reasons to use GI Mail: security, bandwidth and availability.

"You've probably heard about the various break-ins and hacker attacks at free commercial e-mail providers," he said. "GI Mail is a Department of Defense system, employing the same great security you've grown accustomed to in AMC," he said.

Concerning bandwidth, there is no advertising or "spamming" from junk mail distributors on GI Mail, unlike commercial providers. "Not only will the service remain speedy even in the most remote or forward locations, users will not spend time sifting through mountains of junk mail," Whitaker said. "And GI Mail is a DOD product provided for morale. Unlike civilian services, the

Colonel Schmidt said.

There are programs in place to help civilian employees, military members and their families through the reductions.

Civilian employees adversely impact-

JOBS

(Continued from Page 1)

"These manpower cuts are Air Force wide with each base sharing some of the pain," said Col. Steve Schmidt, 14th Flying Training Wing commander.

"We intend to do everything possible to minimize the impact on our work force,"



T-1A Jayhawk

U.S. Air Force photo

SUPT Class 03-06 earns silver wings



U.S. Air Force photo



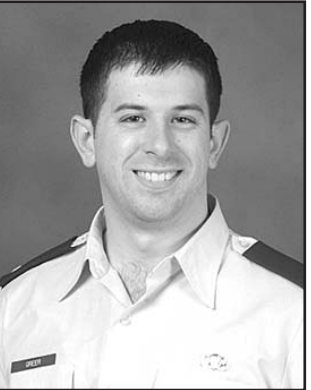
1st Lt. Michael Bennett
Beavercreek, Ohio (AFRC)
C-141, Wright-Patterson AFB, Ohio



2nd Lt. Timmothy Bonnes
Thompson Falls, Mont.
KC-10, Travis AFB, Calif.



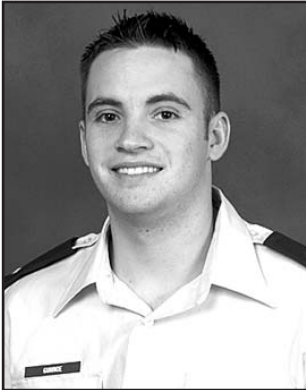
2nd Lt. Camden Buell
Mountain View, Calif.
E-3, Tinker AFB, Okla.



2nd Lt. Brent Greer
Romeo, Mich.
C-17, McCord AFB, Wash.



2nd Lt. Louis Grones Jr.
Carrollton, Miss. (ANG)
C-17, Jackson, Miss.



2nd Lt. Lacy Gunnoe
Marie, W. Va.
KC-135, Robins AFB, Ga.



2nd Lt. Lee Kostick
Prattville, Ala.
E-8, Robins AFB, Ga.



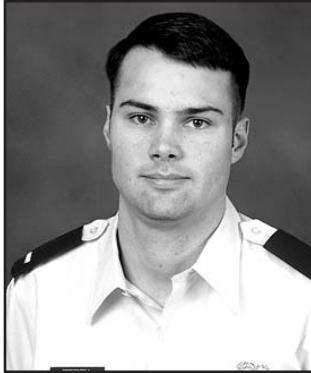
2nd Lt. Derek Ligon
Tehachapi, Calif.
C-21, Scott AFB, Ill.



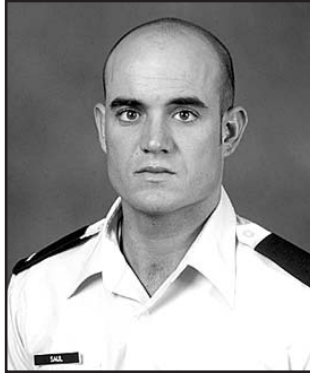
2nd Lt. Wyatt Morrise
Memphis, Tenn.
F-16, Luke AFB, Ariz.



2nd Lt. Amanda Myers
Birmingham, Ala.
KC-10, Travis AFB, Calif.



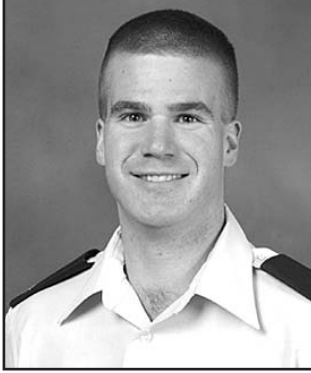
2nd Lt. Lauren Presnell
Cheraw, S.C. (AFRC)
C-17, Charleston AFB, S.C.



2nd Lt. Aaron Saul
Ashland, Ky.
F-16, Luke AFB, Ariz.



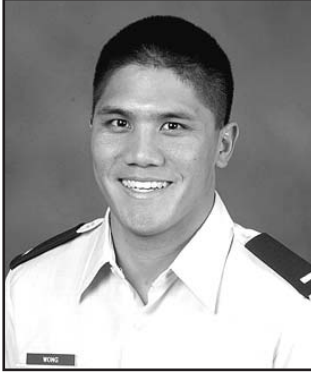
2nd Lt. Alex Scott
Woodland Hills, Calif.
F-16, Luke AFB, Ariz.



2nd Lt. Brian Walski
Placerville, Calif.
F-16, Luke AFB, Ariz.



2nd Lt. Jason Willey
Newtown Square, Pa.
C-5, Dover AFB, Del.



2nd Lt. Ryan Wong
Honolulu, Hawaii
C-21, Andrews AFB, Md.

Twenty-two officers have prevailed during a year of training, earning the right to be an Air Force pilot.

Specialized Undergraduate Pilot Training Class 03-06 graduates at 10 a.m. today during a ceremony at the theater.

The graduation speaker is Maj. Gen. Daniel Dick, U.S. Joint Forces Command director for requirements and integration, Norfolk, Va.

General Dick received his Air Force commission through the ROTC program at Virginia Tech in 1970. A distinguished graduate of undergraduate pilot training, he has served as an F-4 and F-16 instructor pilot.

This class's Pilot Partners are Prairie Pointe Power Sports and Cable One.

Students receive their silver pilot's wings at the ceremony, and students who excelled in their respective training tracks are recognized.

Second Lts. Kevin Jackson, T-1, and Alex Scott, T-38, received the Air Education and Training Command Commander's Trophy for being the most outstanding students overall in their classes.

The Air Force Association Award were presented to Lieutenant Jackson and 2nd Lt. Michael Hiatt, T-38. The award is presented to a graduate in each flight who excelled in training and typified the tenets of the association — promoting aerospace power and a strong national defense.

Second Lt. Louis Grones Jr., T-1, Lieutenants Jackson and Scott were named distinguished graduates.

The 52-week pilot training program begins with a six-week preflight phase of academics and physiological training to prepare students for flight.

The second phase, primary training, is conducted in the twin-engine, subsonic T-37 Tweet. Students learn aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying. Students also practice night, instrument and cross country navigation flying.

Primary training takes about 23 weeks and includes 254.4 hours of ground training, 27.3 hours in the flight simulator and 89 flying hours.

After primary training, students select, by order of merit, advanced training in the fighter-bomber or airlift-tanker track.

Both tracks are designed to best train pilots for successful transition to their follow-on aircraft and mission.

Advanced training for the fighter track is done in the T-38 Talon, a tandem-seat, twin-engine supersonic jet.

T-38 training emphasizes formation, advanced aerobatics and navigation.

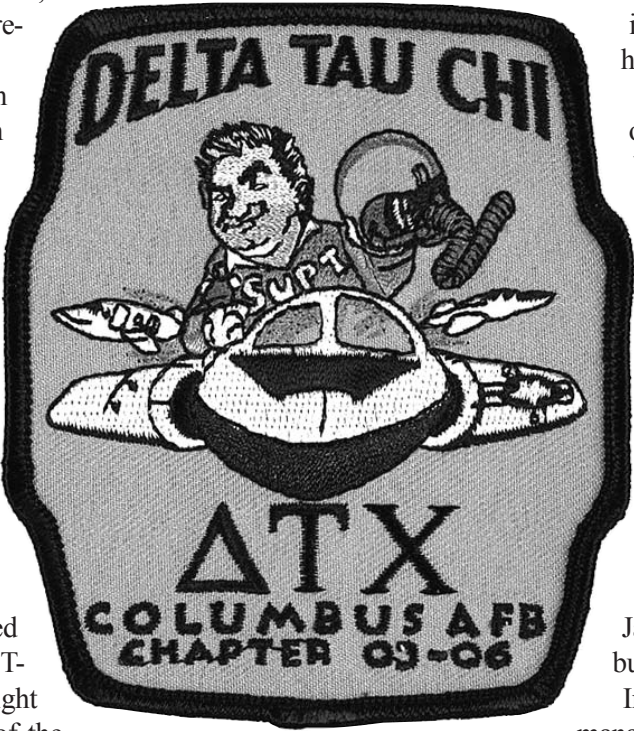
Training takes about 26 weeks and includes 381 hours of ground events, 31.6 hours in the flight simulator and 118.7 flying hours.

The airlift-tanker track uses the T-1A Jayhawk, the military version of a multi-place business jet.

Instruction centers on crew coordination and management, instrument training, cross-country flying and simulated refueling and airdrop missions.

Training takes about 26 weeks and includes 185 hours of ground training, 43 hours in the flight simulator and 104 flying hours.

The class reunites on graduation day, when students receive the aeronautical rating of pilot and begin their careers as U.S. Air Force pilots.



AT THE CHAPEL

Chapel schedule

Catholic

Sunday activities:

9:15 a.m. — Mass
10:30 a.m. — CCD
5 p.m. — Confessions
5:30 p.m. — Mass

Wednesday

11:30 a.m. — Mass

Protestant

Sunday activities:

9 a.m. — Sunday school
10:45 a.m. — Traditional worship
1 p.m. — Contemporary worship

Wednesdays

5:30 p.m. — Video Bible study supper
7:15 p.m. — Choir rehearsal

Thursdays

11:30 a.m. — Lunch Bible study
For Islamic, Jewish, Orthodox or other

services, call the chapel at Ext. 2500.

AT THE MOVIES

All movies are shown at 7 p.m., unless otherwise noted, at the base theater.

Today

“Final Destination 2” (R, strong violent/gruesome accidents, language, drug content and some nudity, 90 min.)
Starring Ali Larter.

Saturday

“Biker Boyz” (PG-13, violence, sexual content and language, 111 min.)
Starring Laurence Fishburne.

March 21

“Shanghai Knights” (PG-13, action violence and sexual content, 114 min.)
Starring Jackie Chan.

CHANNEL 64

BLAZE 64 offers announcements for people living in base housing or the dormitories.

Call 2nd Lt. Joseph Coslett for more information at Ext. 7065.

Weekdays

9 a.m., noon and 2 p.m.
Air Force Television News
Monday through March 21
9:30 a.m., 12:30 p.m. and 2:30 p.m.

College Level Examination
Program Tapes:
Mathematics

FAMILY SUPPORT



(Editor's note: All activities are offered at the family support center unless otherwise specified. For more information, call Ext. 2790.)

Workshop: A Microsoft Excel beginners' workshop is from 9 to 10:30 a.m. Wednesday.

The seating is limited, and people must register in advance.

Small businesses: A small business development workshop is from 3:30 to 4:30 p.m. March 25.

The workshop is for people interested in starting their own business.

Transition workshop: A transition assistance workshop is from March 25 to March 27.

This is for people who are retiring or separating in the next year. Spouses are encouraged to attend.

Access workshop: The family support center offers a beginning Microsoft Access 2000 workshop from 9 to 10:30 a.m. March 26.

Seating is limited, and people must register in advance.

Health benefits: A health benefits briefing is from 3:15 to 4:15 p.m. March 26. The briefing is for people who are retiring or separating.

BASE NOTES



Volunteers needed: The Company Grade Officer Council needs volunteers May 2 and May 3 at the Market Street festival in downtown Columbus. For more information or to volunteer, call 2nd Lt. Jennifer Moore at Ext. 7073.

Nutrition month: March is National Nutrition Month.

Look for displays at the commissary and library.

There are also youth and child activities. For more information, call Ext. 2477.



Airman Alexis Lloyd

Fair way to learn

Clara Burleson, Gilberts Home Help Agency, grabs some handouts from Mollye Cash, life skills support center, at the health fair at Mississippi University for Women. Agencies from around Columbus gathered to give out information about eating healthy and staying fit.

Childcare: All parents returning from Operation Enduring Freedom are able to receive 16 hours of free childcare from the Extended Duty Child Care program.

Children ages 12 years and under are eligible for care. The care must be used in the first 30 days of return from OEF deployment.

People supporting other deployments more than 30 days may also receive this care.

The person's eligibility must be verified with the Military Personnel Flight or their command section. For more information, call Ext. 2479.

Auditorium: Anyone wishing to use the Phillips Auditorium for events should contact Marj Bryde at Ext. 7468.

A point of contact, unit, title of event and phone number are required for scheduling.



AROUND TOWN

Book sale: A Friends of the Library book sale is from 8 a.m. to 9 p.m. today and 8 a.m. to 4 p.m. Saturday at Leigh Mall.

All proceeds benefit the Columbus-Lowndes public library system. For more information or to volunteer, call 329-5300.

Drama classes: Streetcar Productions Inc. in East Columbus' Gateway Shopping Center has registry for drama classes from 10 a.m. to 1 p.m. Saturday.

There is a fee for the classes, but it's not needed at time of registration.

For more information, call 240-1832.

Races: Weekly racing series at Columbus Speedway including the "Slamrock 30" begins at 7:30 p.m. Saturday.

Grandstand tickets are \$15 per person. Pit Passes are \$25 per person.

Children under 10 years old are free when accompanied by an adult. For more information, call (662) 241-5004.

Pilgrimage: The Columbus Pilgrimage is April 1 to April 13 featuring 20 pre-civil war homes, churches and 19th century Southern gardens open for tours. Highlights include palatial Snowdown, built in 1854, and The Haven, built by free African Americans in the 1850s. Tales from the Crypt, a candlelight graveyard drama with costumed actors and haunting music, is also ongoing at old Friendship Cemetery on 4th Avenue South. Horse-drawn carriages are available for downtown tours and the Chattanooga Star Riverboat will ply the Tennessee-Tombigbee on daily cruises. Pilgrimage tickets, discounted for military, are on sale now. For information, visit the Tennessee Williams Welcome Center on Main Street or call 329-3533.

Services provides fun for all

American Cafe open: The Columbus Club's American Cafe opens from 5:30 to 8:30 p.m. Fridays and is open to all ranks. Entrees include: chicken Monterey, char-broiled New York strip steak, grilled pork chops Omaha and more. Club members receive a \$2 discount. Call Ext. 2489.

All ranks bingo: Games begin at 6 p.m. Fridays in the community center ballroom. People play five \$75 regular games, one \$125 odd and even coverall game and a \$1,000 progressive jackpot game. Consolation prize is \$150 if the jackpot does not go in 57 numbers or less. Admission fees for nonmembers are \$5. Prize payout is based on minimum number of players. Call Ext. 2489.

Variety night: Disc Jockey Kool Kleve features variety music from 9 p.m. to 1 a.m. today in the enlisted lounge. Call Ext. 2489.

NAF sales store open: The non-appropriated funds sales store is located at outdoor recreation and features items such as dishes, ironing boards, miscellaneous furniture and other items. Call Ext. 2505 for more information.

Casino trip: The information, ticket and travel office offers a trip March 21 to the Silver Star Casino in Philadelphia, Miss.

Cost is \$15 per person, and it includes transportation and \$15 in coins. The bus departs at 5:30 p.m. and returns at approximately 2:30 a.m. Call Ext. 7858.

Family bingo: The youth center offers a family bingo night at 6 p.m. March 21. Parents and non-members pay \$1 to play. Members play free. Call Ext. 2504.

Disney World trip: The information, ticket and travel office offers a trip during Spring Break, March 30 to April 3 to Orlando, Fla. Cost is \$415 for one person, \$265 each for two people in the same room, \$215 each for three people, and \$190 each for four people.

Cost includes four nights lodging, transportation and shuttle service in Orlando. Reduced price ticket packages are available at ITT and are dependent upon age and parks being visited. Call Ext. 7858.

Spring break day camp: Register now for this youth center program for children from kindergarten through sixth grades. The program is offered from 7 a.m. to 5:30 p.m. March 31 through April 4. Fees are based on family income. Call Ext. 2504.

Dinner theater: A dinner theater is April 19 at the Columbus Club. The show is "Play It Again Sam." The play is a comedy about the nerdy film critic's obsession with Humphrey Bogart. Cost is \$25 for club members and \$30 for nonmembers.

Tickets go on sale April 1. Call Ext. 2489.

Beale Street music festival: The information, ticket and travel office offers a trip to the Memphis, Tenn. Beale Street music festival May 2 to May 4. The festival features all types of music to include blues, rock, gospel, soul, alternative, rhythm and blues

Cost is \$125 per person and includes transportation, two nights lodging (double occupancy). Tickets to the music festival are sold separately. A \$50 deposit is required when registering.

Limited seating is available. Call Ext. 7858.

Canton flea market: The information, ticket and travel office offers a trip to the semi-annual Canton flea market May 8.

The city of Canton, Miss., closes down the town to make room for hundreds of vendors selling all types of crafts, food and specialty items.

Cost is \$20 per person and includes transportation. Call Ext. 7858.

Whitewater rafting trip: Join the information, ticket and travel staff down the white waters of the Ocoee River in Tennessee May 24 to May 26. Cost is \$95 per person and includes three meals, two nights lodging, transportation, guide service and river run. A \$50 deposit is required when registering. Call Ext. 7858.

Family child care: People who want to stay home with their children but want to earn extra income can look into providing childcare in their home on base.

Call the family child care office at Ext. 2479.

Crafts classes: The skills development center offers all types of crafts classes every month. Advanced registration is required for each class. Upcoming classes include making a glass bead choker, candle art, mosaic bird bath, wooden heart basket and a picket fence coat rack.

Upcoming youth classes include making a jelly bean Easter bag, an eggs straw cute bunny pin, a wooden bunny, a flower pot frog and a miniature bird bath.

Stop by to see the display of class projects. Call Ext. 7856.



Pam Wickham

We make it your way

Kahlilha Wilkins, 14th Services Division, makes an omelet at the all-ranks Sunday brunch. Brunch is offered the second and fourth Sundays from 10:30 a.m. to 1:30 p.m. at the Columbus Club. The next brunch is March 23. Cost is \$10.95 and club members receive a \$2 discount. Call Ext. 2489.

Premier Vacation Club Promotion Ends March 31

You could be one of the four AETC club members to win a \$3,500 vacation package

Receive an entry form for every \$2 food purchase at the Columbus Club during lunch or receive 5 entries for every \$5 food purchase at the American Cafe!

Entries are also entered for the weekly \$100 drawing at the Columbus Club.

Our \$100 weekly winners are:

Week 1 - Don Strickland
Week 2 - Hud Hudnall
Week 3 - Lt. Col. Gerard Rowe
Week 4 - Capt Edward Segura
Week 5 - Lt. Col. Jack Davidson
Week 6 - It could be you

Columbus Club Lunch Buffet

Served from 11 a.m. to 1 p.m.
\$7.95 per person -- Club members receive \$2 discount
Cost includes vegetable, tossed salad and beverage
Ala carte menu also available

Today

Fried catfish
Popcorn shrimp
Apple cobbler

Monday

Fried chicken
Liver and onions
Banana pudding

Tuesday

Swedish meatballs & pasta
Baked ham
Banana pudding

Wednesday

Pork chops
Beef tips
Apple cobbler

Thursday

Soup, salad
and potato bar

Low sodium, salt diet helps body stay healthy, happy

Master Sgt. Gilbert Shrieves
Health promotion NCOIC

As we enter 2003, the most frequent resolution proclaimed is to “live a healthier lifestyle.” Many of us have started watching what we eat and exercising more, but how many of us have thought about reducing sodium in our diets?

Overlooking sodium is common. In fact, we consume twice the amount needed in our bodies daily. Busy lifestyles mean people have less time to cook food and rely more on convenient sources like processed and canned goods.

Unfortunately, these convenient sources can contain high levels of sodium and, over a period of time, can be detrimental to your health. A common problem associated

with consuming too much sodium is high blood pressure. Understanding sodium’s effect and reducing it in our diets is one way to improve our overall health.

Physicians and nutrition experts strongly recommend restricting sodium intake. The best way to accomplish this is by managing the use of table salt. Besides table salt, there are other sources of sodium to reduce. In fact, adding table salt to foods is not necessary at all. As a culture, we’ve grown accustomed to adding table salt to food for flavor, which can be easily replaced with herbs, spices or salt substitute. The best option, if available, is to choose processed and canned goods that are low in sodium or sodium-free. If a product claims to be low in sodium, it contains 70 milligrams or less sodium per serving. Sodium-free products have less than five milligrams per serving.

In any event, improving your health includes reducing or eliminating the added sodium in your diet. Here are some simple tips and strategies:

- ❑ Remove the salt shaker from your table or replace with a salt substitute.
- ❑ Eat fresh vegetables and fruit whenever possible.
- ❑ Avoid processed foods high in salt. Read labels when you shop, keeping an eye for sodium compounds such as sodium chloride, sodium bicarbonate, sodium benzoate, monosodium glutamate or sodium nitrate.
- ❑ Use unsalted butter or margarine and experiment with low sodium condiments.

The best approach for enjoying a long healthy life is to incorporate lifestyle changes, which include a diet low in sodium. Contact the health and wellness center at Ext. 2477.

SHORTS

Fun run

A St. Patrick’s Day fun run-walk is at 11 a.m. today at the fitness center.

The walk is one and a half miles and the run is three miles.

People should wear green.

The person who answers the most questions on the special St. Patrick’s Day quiz wins a prize. Call Ext. 2772.

Commit to be fit

The Commit To Be Fit program offered by the Mississippi University for Women gives support to people wanting to lose weight or learn to eat healthy.

The students help people accomplish

their goal through a full year.

People can sign up at the fitness and sports center for the program.

For more information, call 1st Lt. Sharon Gregory at Ext. 2643.

No-tap bowling

All levels of bowlers are invited to enter this monthly no-tap tournament March 21.

Sign up by 6:45 p.m., and the games begin at 7 p.m. Entry is \$10.

Players must get a strike with a red-head pin to spin the wheel to win a prize. For more information, call the bowling center at Ext. 2426.

Soccer standings

Team	Wins	Losses	The following are the intramural league standings as of Sunday.
Green	2	0	
Gray	1	0	
Red	1	1	
Blue	0	1	
Gold	0	2	

Bowling standings

	Team	Wins	Losses
The following are the intramural Thursday league standings as of March 6.	Misfits	138	154
	Strokin	122	70
	14th OSS	114	78
	SFS #1	82	110
	48th FTS	82	110
	SFS #2	32	160

Basketball standings

The following are the intramural league standings as of Tuesday.

Team	Wins	Losses
48th FTS	15	4
14th OSS	15	5
50th FTS	13	8
14th COM	12	8
37th/41st FTS	12	9
14th MSS	11	11
DynCorp	11	12
14th MDG	7	16
14th SFS	0	23

BARGAIN LINE